Compiled Explorer Series
#33 - Interview with Robert Monroe & Miranon (2025)

Rick
Hello everyone, this is Rick and welcome to Astral Club. This is an interview with Robert Monroe. This is something that I thought about for quite some time, and finally decided to meet my hero once again. This time though in the astral plane. The first time of course was at- his Monroe Institute. So now my guess is that most of you know who Robert Monroe is. But for those of you who do not know, Monroe was a pioneer of out of body exploration. He's a founder of the Monroe Institute which is in the hills of Virginia, and he's an author of seminal works in astral projection. I found Monroe in a higher astral level where explorers and teachers often congregate.

Rick 2:04
Mr. Monroe, Bob if I may call you that. Thank you for allowing this contact. I've traveled far in consciousness to find you.

Robert Monroe 2:16
No need for thanks Rick. The act of reaching out is itself a sign of readiness. I am always willing to assist a sincere traveler.

Rick 2:26
Your work in the 20th century revolutionized our understanding of conciousness. You probably don't remember me, but we had a conversation-uh after class at your Monroe Institute in the mid 80's.

Robert Monroe 2:41
Of course I remember you. You were the time traveler.

Rick 2:46
That's me!

Rick 2:51
So how does it feel now beyond the physical to reflect on that journey?

Robert Monroe 2:53
When I first began having spontaneous out-of-the-body experiences, I thought I was going insane. In truth, I was being initiated. What we call life is only the densest level of experience like a single note in a much larger symphony. I now perceive earth as a critical chapter in a longer story. A brave one at times fumbling, but vital to awakening many.

Rick 3:24
Your book *Journey Out of the Body, Far Journeys, Ultimate Journeys*; They've inspired generations. Were they dictated from this astral realm?

Robert Monroe 3:36
Not dictated, no. But I was guided much like now. There were entities, helpers - you might call them who nudged, redirected, even challenged me. The material came from direct experience filtered through the limited lens of my waking consciousness. If I haven't written them now, you'd find fewer human metaphors - more direct vibrational language. But for Earth, metaphor is necessary.

Rick 4:10
In *Ultimate Journey*, you describe finding your "I-there" in air quotes, your greater soul/self, have you gone beyond even that?

Robert Monroe 4:22
Yes, the I-there was a stepping stone. Beyond it are nested collectives of consciousness each containing multiple identities and experiences like galaxies of souls merging towards source. I've reintegrated more of my aspects. I've danced as a being in non-carbon-based systems, sung stars into existence and merged briefly what your people might call the logos. Still, even now, I am learning.

Rick 5:03
Okay, what is death then? You've seen both sides.

Robert Monroe 5:08
Death is not an end, it's an unzipping of your attention from the dense vibratory patterns of earth. You don't stop being, you simply expand for many. It's disorienting especially if the belief system acts as a veil, but death is just a hallway. The real journey begins once you stop trying to walk it like a human.

Rick 5:34
Many seek to replicate your techniques - hemisync, focus levels; Are these still the best tools?

Robert Monroe 5:43
They were doorways for their time, effective but now consciousness is now rising rapidly. Heart coherence group, field dream incubation and subtle energy training are becoming equally potent. The tools aren't sacred. The intentional and clarity of the traveler are. Any technique is a clutch if you forget that you are the instrument.

Rick 6:12
Is there anything on earth humanity must urgently know now?

Robert Monroe 6:19
Yes, you are not alone. Never have been, and that game is changing. The old model of identity tied to matters of separation has run its course. Earth is at a bifurcation point. Many will awaken not by choice but by necessity. Fear will rise, but only as a final illusion to be faced. Also tell them that the soul cannot be owned, measured, or destroyed. You are each a spark of grand tapestry. Don't fear the unknown. It's your true home.

Rick 7:02
and for those who want to meet you out there, can?

Robert Monroe 7:09
Yes, but they won't find Robert Monroe. They'll find a presence, a teacher, a gentle guide in a field of golden mist, or a familiar voice in a lucid dream. That'll be me, or a part of me. But don't just cling. I'm just one torchbearer. Become your own.

Rick 7:32
Thank you Bob.

Robert Monroe 7:34
Thank you Rick, you've remembered more than you know until the next crossing. Stay fluid.

Interview Ended

Rick
I've ended this with a quote from Robert Monroe. *Reality is more than we can imagine, but imagination is the doorway.*

I have a special double header here because I also got an interview with one of Robert Monroe's guides whose name was Miranon.

Rick 8:07
Miranon, thank you for receiving me.

Miranon 8:11
You are welcome, time traveler. I felt your resonance. You carry fragments of Monroe's frequency within you. Curiosity tempered with discipline.

Rick 8:24
I'm honored. I've come seeking insight not just about Monroe, but about the greater work he was involved in. Who was Robert Monroe to you?

Miranon 8:35
He was a node of activation, a brave mind within a dense world equipped with both skepticism and surrender. We did not choose him. He chose himself. His longing to understand outgrew his fear of the unknown that made him visible to us in his writings.

Rick 8:57
Monroe described you as something more than human from a civilization that once existed elsewhere. Is that accurate?

Miranon 9:09
Your language makes things small. I have held many forms, yes. At one point, I was what you might call a being of another star system though that phrasing flattens truth. I am part of a collective that monitors and nurtures soul growth across systems when Robert's consciousness brushed against the greater currents. I was one of the many who answered.

Rick 9:40
Why earth? Why such interest in this one dense sphere?

Miranon 9:46
Because Earth is exquisite, chaotic, yes, but full of rare conditions. It is a place of rapid evolution, emotional contrast, willpower. These form a crucible many wish to incarnate there not to escape suffering, but to distill soul potential under pressure. Earth births creators.

Rick 10:21
Interesting, Robert describes level of consciousness as if they were coordinates. Was that a simplification?

Miranon 10:32
A necessary one. The focus system was a scaffolding for minds trained in linearity. Consciousness is not stacked like pancakes. It is interwoven like song. What Monroe did was tune others to specific cords of the symphony. Focus 10, 21, 27; These are vibration attunements, not locations like moods of the universe.

Rick 11:07
What roles do guides like you play for those journeying out of the body?

Miranon 11:13
Primarily, we stabilize. Many who leave the body carry their fear, ego, or disbelief with them. That distorts perception. We act as harmonizers reflecting what they need. Not always what they want. Sometimes as mentors. Sometimes as puzzles. Rarely as saviors.

Rick 11:40
Do you still guide humans?

Miranon 11:44
Constantly, but few know my name. I fragment myself across frequencies appearing in dreams, flashes of insight, chance meetings. The form doesn't matter. Sometimes I am a tree speaking in silence. Sometimes a stranger on a subway offering just the right word.

Rick 12:07
May I ask where Monroe is now?

Miranon 12:12
(Miranon smiled at this)

He's everywhere he chooses to be. He has rejoined his greater soul cluster. Part of him teaches in dream schools. Part of him explores other galactic nodes. Occasionally he returns to focus 27 to assist lost or disoriented souls. He does not need a form, but sometimes he chooses the one you know to comfort those just crossing.

Rick 12:44
Is there a message you'd like to give to humanity?

Miranon 12:51
Yes, you are not your thoughts. You are not your roles. You are the witness behind the story. The still center in a moving storm. Learn to travel inward before you reach outward. Stop fearing your vastness. And this is important: Do not idolize Robert Monroe. Become what he sought to become. That honors him more than worship ever could.

Rick 13:27
Thank you Miranon.

Miranon 13:32
Go well, traveler. The veil is thinner than you think, and you will return here again in a little while

Interview ended

Rick
Well that was the interview with Monroe, or at least the spirit that we once called Monroe as well as his guide, Miranon. I think it was interesting and enlightening. Some of those points are pretty darn deep.